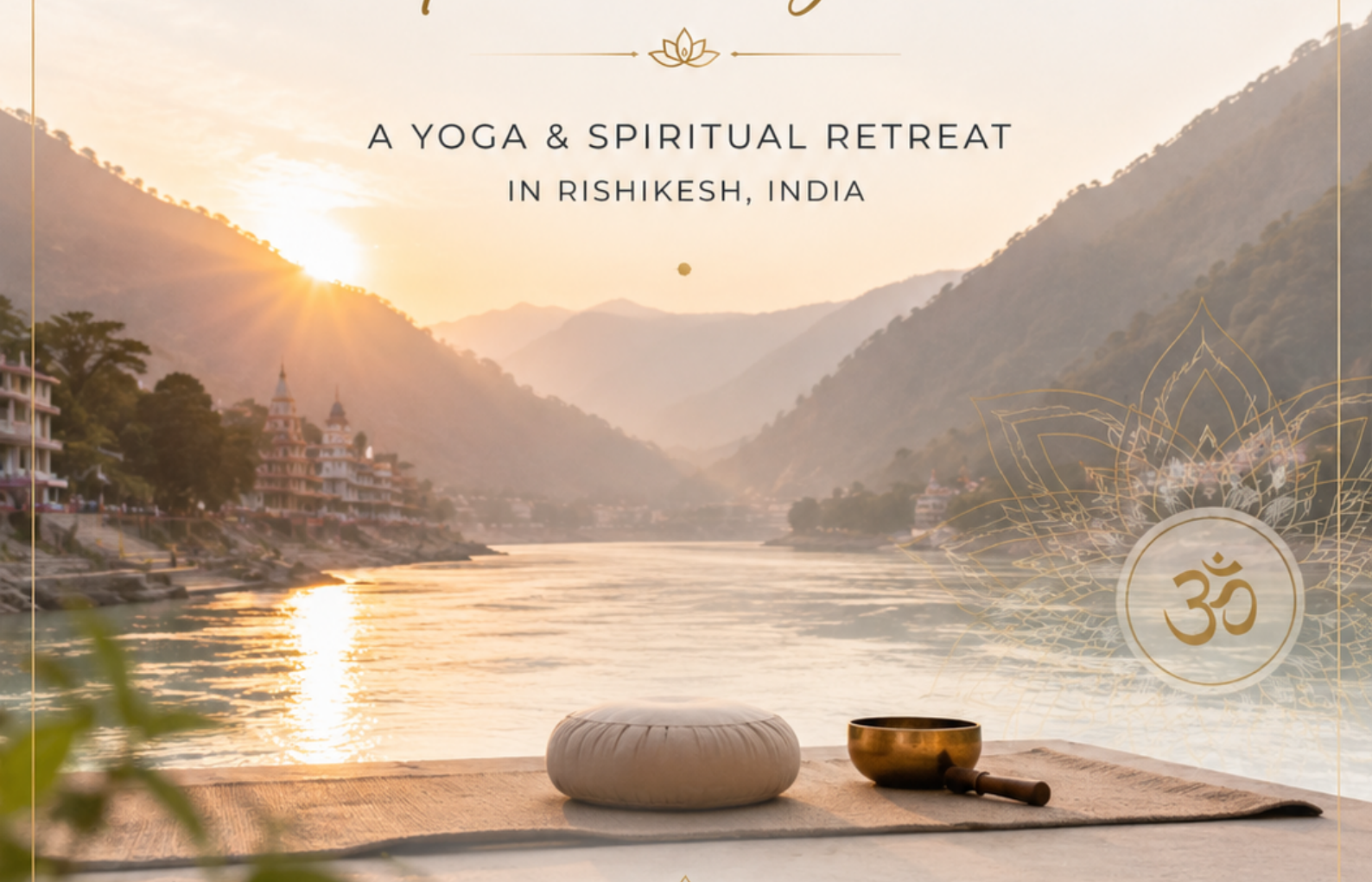
MRITYUNJAY
YOGPEETH

THE SEVEN SECRETS OF THE *Himalayas*

A YOGA & SPIRITUAL RETREAT
IN RISHIKESH, INDIA



AN IMMERSIVE RETREAT EXPERIENCE BY
MRITYUNJAY YOGPEETH

MRITYUNJAY YOGPEETH FOUNDATION
SPIRITUAL GATEWAY FOR WELLNESS & HEALING

THE SEVEN SECRETS OF THE HIMALAYAS

A Yoga & Spiritual Retreat in Rishikesh, India

An Immersive Retreat Experience by Mrityunjay Yogpeeth

Welcome

At Mrityunjay Yogpeeth, we invite you to experience seven days of yoga, stillness, Himalayan wisdom, and conscious living in the sacred atmosphere of Rishikesh.

The Seven Secrets of the Himalayas is a retreat created for those seeking space to pause, reconnect, and restore balance in body, mind, and spirit. Surrounded by the Himalayan landscape and the gentle flow of Mother Ganga, the retreat offers a peaceful environment away from the pace and distractions of everyday life.

Rooted in authentic yogic traditions, the experience combines classical Yoga, Meditation, Pranayama, mindfulness, sound healing, nature immersion, and sattvic nourishment in a refined and comfortable retreat setting suitable for both international and Indian guests.

Each day of the retreat explores one of the “Seven Secrets” essential aspects of yogic living that support physical wellbeing, emotional balance, mental clarity, inner awareness, and conscious living.

Whether you come for rest, healing, personal reflection, or spiritual exploration, the retreat is designed to help you slow down, breathe deeply, reconnect with yourself, and return with greater clarity, peace, and vitality.

The Seven Secrets Experience

1. The Secret of Breath
Breath-awareness and Himalayan pranayama practices to restore balance, vitality, and calm.

2. The Secret of Stillness
Meditation, mindfulness, silence, and practices for mental clarity and inner steadiness.

3. The Secret of the Body
Traditional yoga asana to improve strength, flexibility, posture, and overall wellbeing.

4. The Secret of Energy
Chakra awareness, mantra, subtle energy practices, and inner vitality.

5. The Secret of Sacred Living
Sattvic nourishment, mindful routines, and the principles of conscious yogic living.

6. The Secret of the Heart
Practices of gratitude, compassion, emotional healing, and meaningful connection.

7. The Secret of the Self
Self-awareness, reflection, and spiritual insight inspired by Himalayan wisdom traditions.

Retreat Highlights

- Daily Yoga & Meditation Sessions
- Himalayan Pranayama & Breathwork
- Sound Healing & Mantra Practices
- Chakra & Energy Awareness Sessions
- Ganga Aarti & Sacred Ritual Experiences
- Nature Walks & Himalayan Excursions
- Yogic Philosophy & Conscious Living Workshops
- Fresh Sattvic Vegetarian Meals
- Comfortable Boutique Accommodation
- Traditional Indian Wellness Therapies (Optional)
- Airport & Travel Assistance (Optional)

About Rishikesh

Rishikesh is known around the world as the Yoga Capital of the World. Set along the sacred River Ganga and surrounded by the Himalayan foothills, it has welcomed seekers, yogis, and travelers for generations.

Its natural beauty, spiritual atmosphere, temples, riverbanks, and peaceful surroundings create an ideal environment for yoga, meditation, healing, and inner reflection.

About Mrityunjay Yogpeeth

Mrityunjay Yogpeeth is dedicated to sharing authentic yogic knowledge, meditation, healing sciences, and conscious living practices through retreats, teacher trainings, and wellness programs. **Mrityunjay Yogpeeth**, is a certified Yoga School with **Yoga Alliance (USA)** and the **Yoga Certification Board, Ministry of AYUSH, Government of India**, which means you are learning in a space of trust, care, and authenticity.

The institution offers:

- Yoga Teacher Training Courses
- Meditation & Breathwork Programs
- Spiritual & Wellness Retreats
- Holistic Healing Experiences
- Corporate Wellness Programs

Daily Retreat Flow

Time	Experience
6:00 AM	Herbal Tea & Quiet Morning Awakening
6:30 – 8:30 AM	Himalayan Yoga Practice • Pranayama • Breathwork • Yogic Cleansing Practices
8:30 – 9:30 AM	Nourishing Sattvic Breakfast
10:00 AM – 12:30 PM	Workshops • Yogic Philosophy • Healing Sessions • Spiritual Excursions • Astrology & Wellness Experiences
12:30 – 1:30 PM	Fresh Sattvic Lunch
1:30 – 4:00 PM	Rest • Personal Time • Optional Therapies • Nature & Excursion Experiences
4:00 PM	Herbal Tea • Reflection • Riverside & Nature Time
4:30 – 6:00 PM	Evening Yoga • Meditation • Sound Healing • Himalayan Breathwork • Ganga Aarti • Kirtan & Sacred Experiences
7:00 – 8:00 PM	Sattvic Dinner
8:00 PM	Evening Gathering • Silence • Mantra • Bonfire • Reflection Circle
9:30 PM	Quiet Time & Deep Rest
10:00 PM	Lights Out

Retreat Facilities

Guests are accommodated in comfortable air-conditioned rooms with attached private bathrooms and hot water availability. The retreat offers spacious yoga halls with natural light and Himalayan views, peaceful meditation and reading spaces, fresh sattvic meals prepared in-house, complimentary Wi-Fi, lift access, power backup, and

attentive guest support throughout the stay. Convenient access to riverside walks, nature trails, and the scenic Marine Drive (Astha Path) area of Rishikesh further enhances the retreat experience.

Meals & Refreshments

The retreat includes thoughtfully prepared sattvic vegetarian meals designed to support balance, nourishment, and lightness throughout your stay.

Guests will enjoy:

- Two daily wholesome yogic meals
- Herbal teas & detox infusions
- Fresh seasonal fruits
- Natural wellness beverages

Meals are prepared with mindful ingredients and inspired by traditional yogic principles that promote wellbeing, vitality, and ease

Teachers & Facilitators

The retreat is guided by experienced yoga teachers and wellness practitioners from Mrityunjay Yogpeeth, offering an authentic approach rooted in traditional Himalayan and yogic wisdom.

Sessions may include practices and teachings inspired by:

- Hatha Yoga & Ashtanga Vinyasa
- Meditation, Pranayama & Breathwork
- Patanjali Yoga Sutras
- Bhagavad Gita, Vedas & Upanishads
- Chakra Awareness & Energy Practices
- Nada Yoga & Sound Healing
- Shatkarma & Yogic Cleansing Practices
- Bhakti Yoga & Mantra Practices
- Yogic Lifestyle & Philosophy
- Ayurveda & Vedic Wellness Traditions

Each session is offered in a supportive and welcoming environment, suitable for both beginners and experienced practitioners seeking a deeper and more meaningful retreat experience.

Retreat Inclusions

Your retreat experience thoughtfully includes:

- Comfortable air-conditioned accommodation with attached private bathrooms and hot water availability
- Daily yoga, meditation, pranayama, breathwork, and guided retreat sessions
- Yogic philosophy, conscious living, and wellness workshops
- Sound healing, mantra, kirtan, and selected sacred experiences
- Guided walking excursions and local immersive experiences during the retreat
- Two freshly prepared sattvic vegetarian meals each day
- Herbal teas, wellness refreshments, and seasonal seasonal offerings
- Retreat study and reading materials
- Signature retreat T-shirt by Mrityunjay Yogpeeth
- A yoga practice kit provided by the school for use during the retreat
- Access to yoga halls, meditation spaces, and shared retreat facilities
- Complimentary Wi-Fi access throughout the property
- Dedicated retreat assistance and guest support during your stay

Retreat Exclusions

The following are not included within the retreat package:

- International or domestic airfare and personal travel expenses
- Airport transfers unless arranged separately
- Transport costs for excursions or activities requiring vehicle travel
- Optional private sessions, consultations, or additional wellness experiences
- Personal purchases, laundry, and incidental expenses
- Medical expenses, travel insurance, or emergency services
- Meals or beverages outside the retreat program

Step away from the noise of everyday life and reconnect with stillness, balance, and presence.
The Seven Secrets of the Himalayas is more than a retreat — it is an opportunity to pause, breathe deeply, and return to what truly matters.

Registration & Bookings

Accommodation & Pricing
Private Room Accommodation : Price available upon request
Shared Accommodation (Twin Sharing) : Price available upon request
Booking Confirmation: A 30% advance deposit is required to confirm participation in the retreat. The remaining balance may be paid upon arrival at the retreat.

MRITYUNJAY YOGPEETH FOUNDATION
SPIRITUAL GATEWAY FOR WELLNESS & HEALING

Contact

Mrityunjay Yogpeeth Foundation
Muni Ki Reti, Rishikesh – 249137
Uttarakhand, India

Email: info@mrityunjayyogpeeth.com
Website: www.mrityunjayyogpeeth.com
WhatsApp: +91 70601 92246

Location: Google Maps Location

For retreat bookings, private groups, collaborations, and wellness experiences, please contact us directly.

Warm Regards,
The Team at Mrityunjay Yogpeeth
Rishikesh -India